

Consoling Techniques

To help soothe an irritable baby, experiment with the following “irritable infant/parent-tested” suggestions to see what works best for your baby:



- ◆ Make sure baby is not hungry.
- ◆ Check to see if baby needs a clean diaper, burping, or just repositioning.
- ◆ Reduce visual, auditory and social stimulation. Dim lights and move to a quiet room.
- ◆ Provide monotonous background sound such as:
 - Your humming voice
 - A ticking clock
 - A hair dryer or fan
 - A tape recording of the dishwasher running
 - Easy listening music
- ◆ Offer your baby a pacifier or baby's hand to suck on.
- ◆ Swaddle baby in a blanket with arms and legs tucked in.
- ◆ Go for a drive in the car.
- ◆ Rock baby while singing softly.
- ◆ Give baby a warm bath.
- ◆ Secure baby in an automatic baby swing with a soft blanket for extra safety and comfort.
- ◆ Loosen tight clothing or a blanket that may be wrapped too tight.
- ◆ Place baby on your lap, tummy down, stroking baby's back.
- ◆ Distract baby with an interesting sight:
 - Fish swimming in a fish tank.
 - A candle flickering in a dark room.
 - The light of a flashlight in a dim room.

NEVER EVER SHAKE YOUR BABY !

***Panhandle Health**
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serve you in each of the five
northern counties of Idaho*

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PURPLE Crying



**You knew your baby
would cry, but you had
no idea how much!**

PURPLE Crying

Understanding Infant Crying

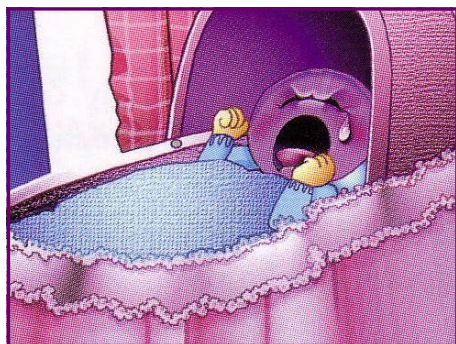
Why Crying is Frustrating

All babies cry, which can be very frustrating to new parents. Understanding why infants cry won't make them stop crying, but it can help you get through the first few months with your new baby.

PURPLE Crying was developed as an easy way for parents to remember and understand the crying patterns of normal, healthy infants.

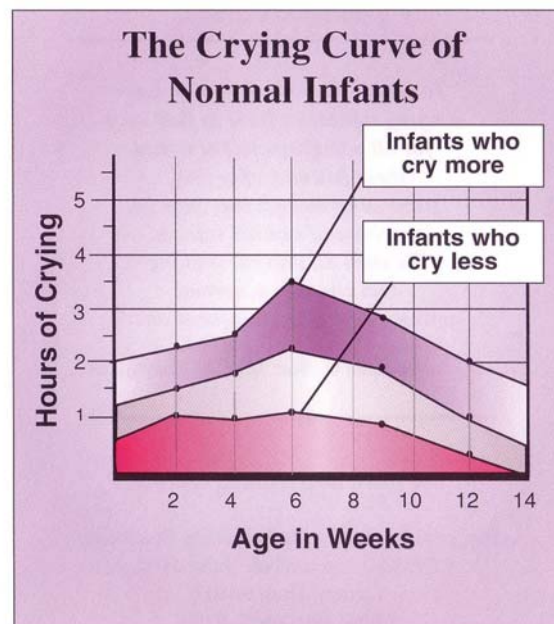
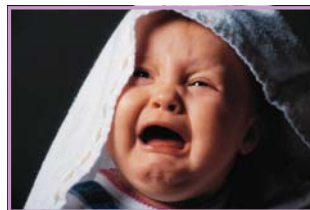
PURPLE stands for:

- P** **Peak Pattern.** Crying peaks around two months and decreases after that.
- U** **Unpredictable.** Crying can come and go unexpectedly with no apparent reason.
- R** **Resistant to Soothing.** Crying continues despite soothing efforts.
- P** **Pain-like Face.** Crying infants can look like they are in pain though they may not be.
- L** **Long Bouts.** Crying can go on for 30-40 minutes or longer.
- E** **Evening Cry.** Crying occurs more in the afternoon and evening.



Even though you won't always understand why your baby is crying, you can understand the stages of crying:

- ♦ Increased crying begins at about two weeks of age.
- ♦ Crying peaks around the second month.
- ♦ Crying decreases between the third and fifth month.



The graph shows that normal healthy infants follow a similar crying pattern. Infants who cry less are on the bottom half of the crying curve and infants who cry more are on the top half of the curve, but all are normally developing infants.

It can be frustrating when you can't figure something out or fix a problem. To many parents, not being able to comfort their crying baby is a problem they can't fix. You may try everything you can think of to quiet your baby, but in spite of your efforts, they may just keep crying.

Parents may feel like they are failing or that they are doing something wrong when they can't stop the crying. Crying can also be frustrating to parents for the following reasons:

- ♦ Babies cry more than parents expect.
- ♦ Infant crying is not the fun experience they expected.
- ♦ Social pressure to have a "good baby".
- ♦ Fear of being a bad parent.
- ♦ Feelings of resentment toward your baby.
- ♦ Fear of the crying never coming to an end.

What it Does to You

Even the most kind and loving caregivers can feel frustrated by a crying baby. These feelings don't make you a bad parent or caregiver. Feeling frustrated is normal. If you feel yourself losing control, put the baby in a safe place and take a moment to take care of yourself....

- ♦ Take a break from the sound.
- ♦ Call a good friend.
- ♦ Exercise.
- ♦ Remind yourself the crying will end.
- ♦ No matter how frustrated you get, **NEVER SHAKE YOUR BABY!**

